

Kent 3k and 10k County Championships – Bromley, 24th June 2009

3000m	Position	Performance
Deirdre McDermott	2	10:16.4 PB
Vicky Rukin	5	11:12.9
Pippa Blackstone	6	11:46.0

10000m	Position	Performance
Huw Evans	3	32:29.5 PB